Soul Health + Prosperity

SOUL HEALTH AND PROSPERITY.

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3 John 1:2 Beloved, I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth.

The writings of the Apostle John appeal to us most strongly because he himself was such a kindly lovable man and his gospel the key-note of his gospel is Love. John is always telling about our Father's house, our Father's love, about Christ our Friend, about the Holy Ghost as our Comforter.

His first epistle has for its theme, "The Love of God". His second letter is a note of consolation to "an elect lady and her children". This third epistle from which we take ourtext is a message to his dear Christian friend, "the well-beloved Gaius".

This friend, apparently, was either in poor health or was suffering temporal adversity of some kind. John shows his high estimation of his friend by wishing that in bodily health and in temporal things he might be as healthy and prosperous as he is in his soul.

By his statement the Apostle implied that there are three kinds of prosperity. Material prosperity, physical prosperity marked by health of body, and spiritual prosperity, a healthy soul.

Then there is such a thing as soul health and prosperity. A healthy soul is prosperous. Health of soul is the greatest blessing that can come to man from heaven.

Health is essential to a perfect functioning and enjoyment of life. A strong vigorous health and vitality is the best safeguard against disease. Likewise soul health is the best safe-guard against the temptations of life. Physical dwarfs and frailty of body attract our attention, but there are more dwarfed and puny souls than there are bodies.

I. The signs and features of Soul Health.

1. Bodily health and strengh are very evident. Color of skin, flash of eye, spryness of gait, Pep and Interest a bubbling over or efflorescence of spirit.
2. Soul health- a keen interest in the things of God. An enthusasiam for Christ. A growing acquiescence in God's will. A teachableness of spirit. A delight in the Word of God, and in the services of His House. A desire for fellowship with God's children. Lots of pep and spirit for doing things for Christ, willingness to serve.

A young lady went to a doctor because she was not feeling very well. The doctor discovered that for several years, unbeknown to the young lady, a disease had been growing in her body, and already it was practically beyond control and cure. Unless we are very watchful disease of soul may set in and subtly do its work until there is no soul left. There are paralells between bodily health and soul health that are worth considering. Some of the symptoms of ill health.

1. Low temperature. Lack of warmth and vitality always a danger signal. Likewise, lukewarmness is always a bad sign. Its a bad sign in business. Lukewarmness in a business enterprise never brings success. Lukewarmness in spiritual living never brings soul victory.

2. Failing appetite. Hunger is a sig of vigorous health. Lack of appetite for the study of Gods Word, for the hearing of it preached, is evidence of a sick soul. When a person Xn no longer craves fellowship in the house of prayer, when he avoids conversation upon holy things his soul is in need of the Great Physician.

3. Difficulty of breathing. When the muscles of the chest give out and the muscles of the throat become hardened, it is difficult to breathe freely. Then pneumonia has its chance to do its deadly work.

We should exercise daily for deep breathing. "Prayer is the Xns vital breath", the neglect of which leads to the atrophy of soul muscles, quickly leading to spiritual death.

R. General lethargy, lack of pep and enthusasiam. One may continue to drag himself thru the forms of service, but a lack of heart enlistment, an unreadiness for holy service is a serious sign of ill health of soul.

II. Some means for the recovery of soul health.

Good food, free breathing and plenty of exercise keeps most people in sound health. And that is about all one needs to keep hissoul in good health.

Conclusion. The trouble with many people who seek to recover health is that they do so under the strain of fear. In fact too many of us live under stress and strain all the time. We hurry amd worry thru life as tho we were being chased by some monster.

You know how the sewing machine acts when there is too much tension- the thread breaks gives you trouble. Learn to live with less tension. Learn to seek health

with less tension. Relax and let go. Trust God more and He will be able to do more for you. Learn to speak in a low and kind tone of voice. Let the truth come to you instead of getting yourself in a big sw sweat trying to grab the truth in all directions.

The kingdom of health is within you because God is within you. Let the God within you have full sway.

Health is a trust from God and he who abuses the tru trust loses his health. "Present your bodies a living sacrifice, holy acceptable unto God." Burning the candle at both ends shortens life and ruins health.

"Come unto me all ye that labor and are heavily laden and I will give you rest: take my yoke upon you and le learn of me, for I am meek and lowly in heart and ye shall find rest unto your souls."